

Welcome to Rana Municipality



Dear new resident of Rana,

it brings me great joy to welcome you as a new inhabitant of our beautiful municipality. We, the people of Rana, take pride in our community, with its history, diversity, and the stunning nature that surrounds us. I hope you will find contentment and carve your place among us. Engage in our activities, contribute to our growth, and become a part of our local community. Welcome to Mo i Rana!

Warm regards,
Geir Waage,
Mayor of Rana.



Photo: Merkevarefoto, Build Up Helgeland/Visit Helgeland

Discover Mo i Rana

Discover emerging opportunities on the official website moirana.com to find information about events, working, living and relocation to Mo i Rana.

Welcome to the city of opportunities!

Link: www.moirana.com

Discover Helgeland

Discover the beautiful, rich, and adventures region of Helgeland. Experience the different places by using the website to visithelgeland.com to find information about the Helgeland region.

Link: www.visithelgeland.com

Discover Nordland

Discover Nordland County in Northern Norway. Go to the English webportal to find information and guidance about Nordland County.

Link: www.nfk.no

Moving to Rana Municipality

There are many things to remember if you are moving to Rana Municipality, and we have made a relocation guide to internationals. Find the [relocation guide](#) on the moving portal to Rana Municipality.



Photo: Merkevarefoto, Build Up Helgeland/Visit Helgeland

Education

Rana Municipality has kindergartens, primary and secondary schools, upper secondary school, and two universities in Mo i Rana. The main requirement for enrollment into kindergargen and school is to have a permanent address in Rana Municipality.

Download the [Education Guide](#) to learn about education.

Link: www.rana.kommune.no/moving-to-moirana/education

Healthcare

Rana Municipality has several medical offices and centres in addition to one hospital in Mo i Rana. The main requirement to be assigned a general practitioner is to have a residence address in Norway. Download the [Healthcare Guide](#) to learn more about the healthcare system and services in Rana Municipality and Norway.



Photo: Roger Marthinsen, Rana Municipality

Leisure

Rana Municipality offers many activities within volunteering, sports, and teams in addition to meeting places for children and youth. It is worth mentioning Moheia Bath, Rana Cultural School, Rana Library, Rana Cinema, and sport teams plus volunteer organizations.

Find more information about this topic on the [moving portal](#), and use the [living portal](#) on moirana.com to find more information.

Settling in Rana Municipality

This is a place where you will find an interesting mix between culture and nature in the city, and in the region. Exploring this interesting mix is one good way of settling into the local society in Rana Municipality.



Photo: Merkevarefoto, Build Up Helgeland/Visit Helgeland

Map of Helgeland

The Map of Helgeland is a travel map with accommodation, activities, and restaurants in the Helgeland region.

Click on the link below if you want to explore the map.

You can also download the city map of Mo i Rana.

Link: www.visithelgeland.com/en/map-of-helgeland/

Networking and Community

There are many methods to use when you are going to create your own network, and find your community in the local society.

The Norwegian approach to networking is to explore local organizations through volunteering in the local society. Volunteering involves becoming a part of a local interest, and joining their activities. It is easiest way to make connections. The other approach is to explore different activities hosted by teams, groups, clubs, and other organizations in the society.

Use the Living Portal to moirana.com to find an overview of volunteering, organizations, activities, and things to do.

Link: www.moirana.com/living/

Mo i Rana International

The Norwegian approach to networking is becoming a volunteer in one organization, and to explore activities hosted by teams, clubs and things to do in the local society. Our recommendation is to become a volunteer in the international organization, Mo i Rana International (MINT) to find fellowship with other internationals in the city.

Link: www.moirana.com/mint-mo-i-rana/international/

Recognition of Foreign Education

For those who have an education or qualification within a regulated profession from outside of Norway, it is necessary with recognition of foreign education. Find more information about recognition of foreign education, and how to apply on the website to the Norwegian Directorate for Higher Education and Skills.

Link: www.hkdir.no/en/



Photo: Marte J.Åsland/Visit Helgeland

Career Guidance

Maybe your partner need Career Guidance? It could be a good option if your partner needs assistance when going through the process. It can be tricky to navigate through this process, and many needs help. Use the **Career Guidance** online on the website to the Norwegian Directorate for Higher Education and Skills. Another alternative is to book a session with the **Career Center** in Mo i Rana in Helgeland.

Learning the language

Although you are surviving good with only English, it is a good idea to start learning the language. Many employers requires employees or job seekers to understand Norwegian and English, when working here. This is only a natural transition because the official language in Norway is Norwegian, although many understand English. Therefore, it is necessary to eventually learn the language, which is Norwegian.

Resources Online

Find collected resources online of learning the language on the moving portal to Rana Municipality. Here you will find information and guidance about Norwegian courses, digital practice materials, and the language training events.

[Go to the Moving Portal here.](#)



Photo: Kenneth Lauvås/Visit Helgeland